

Outline

Reduce Stress with Mindful Coping Skills

Educate the client about the impact of stress

Practice makes perfect – transform the stress response

Exercises:

Strengthen awareness of the stress response

Shifting to relaxation response: cultivate a foundation of groundedness, settledness, and ease

Mindful transitions

Manage Depression and Anxiety with Mindfulness Techniques That Work

The downward spiral and the brain's default mode

Cultivate motivation and action

Witness the anxious mind

Get unstuck from anxious rumination

Exercise:

Self-regulation practices for anxiety

Mindfulness as the Antidote to Anger

Understand the sources of anger

The body's anger response

Identify early signs of the anger forest fire

Clarify the practice: What am I trying to remember?

Exercise:

Rehearsal of the Stop-Breathe-Reflect-Choose practice

Calm the Traumatized Brain

Proceed with caution – avoid retriggering and retraumatizing

Retrain the dysregulated nervous system

Cultivate safety

Exercises:

Grounding techniques

Breathing techniques

Positive visualization

Transform the Inner Critic:

Mindfully Deal with Guilt and Shame

Identifying primary core negative belief

Cultivating a healthy and true vision of self

Exercises:

The protective quality of mantras

Exercises that promote self-forgiveness

Questions?

Call customer service at **800-844-8260**

Objectives

- Motivate clients to engage in treatment with understandable descriptions of the neurological processes that underlie common disorders and easy to follow explanations of how mindfulness can affect these processes.
- Establish how mindfulness practices can be used in therapy to impact the stress reaction and shift clients to a relaxation response.
- Incorporate mindfulness interventions into your treatment plans for depression and anxiety that can counter automatic patterns of thoughts.
- Communicate how mindfulness and breathing techniques that reduce the body's anger response can be taught in-session to help clients manage their angered outbursts.
- Analyze the neurobiology of the traumatized brain and calm it with grounding techniques and breathing exercises.
- Appraise the clinical utility of mindfulness-based therapies in regulating shame and guilt.

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15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS:

SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS,
DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME

Presented by, **Terry Fralich**, LCPC
Author of *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness*

ROCHESTER, MN

Monday, July 23, 2018

LIVE VIDEO WEBCAST

Tuesday, July 24, 2018

ROSEVILLE, MN

Tuesday, July 24, 2018

BLOOMINGTON, MN

Wednesday, July 25, 2018

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Over 20 years of clinical mindfulness practice refined into insights and exercises you can apply to the specific disorders and life-problems you see in your clients each day!

- ✓ "Go-to" techniques immediately applicable to your clinical practice
- ✓ Evidence-based skills to reduce stress, ease anxiety, manage depression and calm the traumatized brain
- ✓ Mindfully deal with guilt and shame – transform the inner critic
- ✓ Address toxic anger and reduce the body's anger response
- ✓ Guidance, interactive demonstrations, and step-by-step instruction

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CANCELLATION POLICY: Hassle-Free Cancellation Policy: If you contact us before the event date, you can exchange for a DVD or CD/digital manual package on the subject (self-study continuing education credit may be available), a certificate to attend another seminar, or receive a tuition refund less a \$30 cancel fee. Substitutions are permitted at any time.

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15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS

From depression and anxiety to stress and trauma, mindfulness has demonstrated its ability to help reduce suffering. With all its benefits, mindfulness is now widely used in clinical practice. There are literally hundreds of mindfulness interventions available to clinicians. But with so many to choose from, how do you know which to use? **How do you decide on your “go-to” techniques?**

Terry Fralich has studied extensively with His Holiness the Dalai Lama and with some of the American pioneers in the mindfulness field. With

more than 20 years teaching mindfulness and using mindfulness techniques in his clinical practice, **Terry has distilled the sea of available techniques into the *essential hands-on mindfulness skills and exercises* you need to treat your clients.**

Join Terry, and learn to effectively use 15 mindfulness practices you can incorporate into your treatment plans for depression, anxiety, stress, and trauma. Terry will guide you through the specific exercises that he’s found most capable in shifting clients away from stress responses, intervening in the downward spiral of depression and anxiety, and cultivating safety and groundedness in traumatized clients. In addition, he’ll give you detailed instruction on his top mindfulness interventions to help your clients properly deal with guilt and shame and empower them to manage their anger and toxic emotions.

As an additional benefit, you’ll have the opportunity to practice the application of what you’ve learned under Terry’s expert supervision.

Enhance your clinical practice with mindfulness skills that work!

Live Webcast Details and Live Webcast Continuing Education Credit Information

Join us on July 24, 2018, for this live, interactive webcast! Invite your entire office and, like a live seminar, “attend” the webcast at its scheduled time. It’s easy and convenient! Webcasts provide everything you need for a premier educational experience including real-time video and audio of the speaker. See and hear the speaker, ask questions via email and have them answered during the webcast, and watch the slides all on your computer screen. Seminar materials are available for download. One CE Certificate is included. Certificates of Completion can be printed after completing and passing the on-line post-test evaluation. Additional certificates are available for \$29.99 USD per participant. Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch. For CE information for the live webcast, please visit: www.pesi.com/webcast/63131.

Speaker

Terry Fralich, LCPC, is a co-founder of the Mindfulness Retreat Center of Maine and former adjunct faculty member of the University of Southern Maine Graduate School. He has led more than 400 seminars, trainings and retreats at the Center, at Omega Institute, Kripalu Center for Yoga and Health, both nationally and internationally. His expertise consists of mindfulness, neuroscience, CBT, brain change, emotional intelligence, stress reduction, meditation and the treatment of anxiety and depression. He has been teaching transformative mindfulness skills and practices for 20 years and has pursued his own practice of mindfulness and meditation for 40 years.

Terry studied extensively with His Holiness the Dalai Lama for 25 years and with some of the American pioneers of mindfulness, including Jon Kabat-Zinn and John Welwood. His first book, *Cultivating Lasting Happiness: A 7-Step Guide to Mindfulness*, was cited as one of “the 12 essential books on mindfulness.” His second book, *The Five Core Skills of Mindfulness: A Direct Path to More Confidence, Joy and Love*, presents his clear and unique approach to mindfulness practice as a powerful force for healthy change in our everyday lives. Prior to becoming a mindfulness therapist, academic and author, Terry was an attorney who practiced law in New York City, Los Angeles and Portland, Maine.

Speaker Disclosure:

Financial: Terry Fralich is in private practice. He receives a speaking honorarium from PESI, Inc.

Non-financial: Terry Fralich has no relevant non-financial relationship to disclose.

Seminar & Webcast Schedule

(Times listed in Central)

7:30 Registration/Morning Coffee & Tea

8:00 Program begins

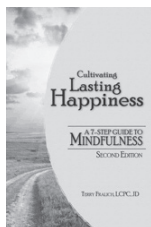
11:50 -1:00 Lunch (on your own)

4:00 Program ends

For locations and maps, go to www.pesi.com, find your event, and click on the seminar title.

Target Audience: Counselors • Social Workers
Psychologists • Marriage and Family Therapists
Occupational Therapists • Addiction Counselors
Case Managers • Therapists • Nurses
Other Mental Health Professionals

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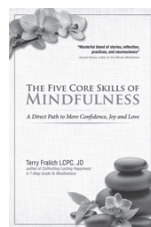


Cultivating Lasting Happiness:

A 7-Step Guide to Mindfulness, 2nd Edition

By Your Presenter! Terry Fralich, LCPC

Cultivating Lasting Happiness is the definitive practical guide to understanding mindfulness and integrating it into your life. Terry Fralich has created a path for developing the awareness and skills to minimize suffering and maximize positive states - all to enhance well being. Includes, case examples, exercises, meditations and practice guides.



The Five Core Skills of Mindfulness:

A Direct Path to More Confidence, Joy and Love

By Terry Fralich, LCPC

The Five Core Skills of Mindfulness describes in clear language a skill-based and integrated mindfulness practice you can use right away to reduce stress, minimize suffering and enhance life. Unique insights, exercises and meditations, and personal essays about mindfulness demonstrate the effectiveness of a mindfulness practice over time.

Seminar on CD or DVD Package:

You can purchase a self-study package on the subject. You will receive a set of CDs or DVDs that include a digital copy of the seminar manual and post-test/evaluation. You and your colleagues can receive CE hours for a nominal fee. To determine if homestudy credits are available for your profession go to www.pesi.com or call 800-844-8260. Check with your licensing board to verify acceptance of self-study credits for license renewal. Order today by using the order form on this brochure or by calling 800-844-8260.



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Have a seminar idea? A manuscript to publish? The nation’s top speakers and authors contact PESI first. If you are interested in becoming a speaker or have a new topic idea, please contact Ryan Bartholomew at rbartholomew@pesi.com or call 715-855-8225.

Live Seminar Continuing Education Credit Information

Credits listed below are for full attendance at the live event only. Certificates of Completion are distributed at the conclusion of the live seminar for those who register prior to the event date and attend the full day. A letter of attendance will be issued to participants who register at the event, arrive late, or leave early. For those who registered day of (walk-ins), and are in full attendance, a certificate of completion for full CE credit will be sent within 30 days following the event. For those in partial attendance (arrived late or left early), an adjusted certificate of completion reflecting partial credit will be issued within 30 days (if your board allows). Please see “live seminar schedule” for full attendance start and end times. NOTE: Boards do not allow credit for breaks or lunch.

If your profession is not listed, please contact your licensing board to determine your continuing education requirements and check for reciprocal approval. For other credit inquiries not specified below, or questions on home study credit availability, please contact cepesi@pesi.com or 800-844-8260 before the event.

Materials that are included in this course may include interventions and modalities that are beyond the authorized practice of mental health professionals. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your professions standards.

PESI, Inc. offers continuing education programs and products under the brand names PESI, PESI Healthcare, PESI Rehab and Psychotherapy Networker.

ADDITION COUNSELORS: This course has been approved by PESI, Inc., as a NAADAC Approved Education Provider, for 6.0 CE in the Counseling Services skill group. NAADAC Provider #77553. PESI, Inc. is responsible for all aspects of their programming. Full attendance is required; no partial credit will be awarded for partial attendance.

COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please save the course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA COUNSELORS: Application for MN BBHT continuing education credits has been submitted. Please contact us at 800-844-8260 or info@pesi.com for the status of LPC CE hours.

WISCONSIN COUNSELORS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

MARRIAGE & FAMILY THERAPISTS: This activity consists of 380 minutes of continuing education instruction. Credit requirements and approvals vary per state board regulations. You should save this course outline, the certificate of completion you receive from the activity and contact your state board or organization to determine specific filing requirements.

MINNESOTA MARRIAGE & FAMILY THERAPISTS: An application has been submitted to the Minnesota Board of Marriage & Family Therapists. Credit is pending.

WISCONSIN MARRIAGE & FAMILY THERAPISTS: This course has been submitted to the Wisconsin Association for Marriage and Family Therapy for review. Credit is pending.

NURSE/NURSE PRACTITIONERS/CLINICAL NURSE SPECIALISTS: This intermediate activity consists of 6.25 clock hours of continuing education instruction. Credit requirements and approvals vary per state board regulations. Please contact your licensing board to determine if they accept programs or providers approved by other national or state licensing boards. A certificate of attendance will be awarded at the end of the program to participants who are in full attendance and who complete the program evaluation.

IOWA NURSES: PESI, Inc. is an approved provider by the Iowa Board of Nursing. Provider #: 346. Full attendance at this activity qualifies for 6.3 contact hours. Full attendance in the activity is required; no partial contact hours will be issued for partial attendance. These contact hours are used for your license renewal. You will need to provide your license number to PESI. PESI must have this number on file in order for your hours to be valid.

OCCUPATIONAL THERAPISTS & OCCUPATIONAL THERAPY ASSISTANTS: PESI, Inc. is an AOTA Approved Provider of continuing education. Provider #: 3322. Full attendance at this course qualifies for 6.0 contact hours or 6 CEUs in the Category of Domain of OT and Occupational Therapy Process. Partial credit will be issued for partial attendance. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA. Course Level: Intermediate.

PSYCHOLOGISTS: PESI, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PESI maintains responsibility for this program and its content. PESI is offering this activity for 6.25 hours of continuing education credit. Full attendance is required; no partial credits will be offered for partial attendance.

SOCIAL WORKERS: PESI, Inc. Provider #:1062, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB). www.aswb.org through the Approved Continuing Education (ACE) Program. PESI, Inc. maintains responsibility for the program. ASWB Approval Period: January 27, 2017 - January 27, 2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 6.25 (Clinical) continuing education clock hours for this intermediate course. A certificate of attendance will be awarded at the end of the program to social workers who complete the program evaluation.

MINNESOTA SOCIAL WORKERS: PESI, Inc. is an approved provider with the State of Minnesota, Board of Social Work. Provider #: CEP-140. This course has been approved for 6.0 continuing education hours.

OTHER PROFESSIONS: This activity qualifies for 380 minutes of instructional content as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of completion, and contact your own board or organization for specific requirements.

PLEASE RETURN ENTIRE REGISTRATION FORM

How to Register

15 MUST-HAVE MINDFULNESS TECHNIQUES FOR CLINICIANS: SKILLS TO TRANSFORM YOUR TREATMENT PLANS FOR STRESS, DEPRESSION, ANXIETY, ANGER, TRAUMA, GUILT AND SHAME
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ADA NEEDS
We would be happy to accommodate your ADA needs; please call at least two weeks prior to the seminar date.

WALK-INS
Walk-ins are welcome but admission cannot be guaranteed. Call M-F 7:00-6:00 Central Time for space availability if registering within one week of seminar.

TUITION OPTIONS
• **FREE MILITARY TUITION:** PESI Inc. is proud to offer this seminar (at these locations only) free of charge (on live seminar tuition) for veterans and active duty military personnel. **Advance registration by phone required.**
• **\$30 Tuition:** If you are interested in being our registration coordinator for the day, go to: www.pesi.com/coord for availability and job description, or call our Customer Service Dept. at 800-844-8260.
• **Groups of 5 or more:** Call 800-844-8260 for discounts.
• **Discounted Student Rate:** As part of its mission to serve educational needs, PESI, Inc. offers a reduced rate of 50% off standard tuition for students. Enclose a current student schedule with registration form. Go to www.pesi.com/students or call 800-844-8260 for details.
Advance registration required.
Cannot be combined with other discounts.

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15 Must-Have Mindfulness Techniques for Clinicians

___ Seminar on DVD* (video) \$199.99 (RNV053610)

___ Seminar on CD* (audio) \$169.99 (RNA053610)

___ **Cultivating Lasting Happiness*** book \$19.95 (PUB012530)

___ **The Five Core Skills of Mindfulness*** book \$19.99 (PUB082050)

*Shipping is \$6.95 first item + \$2.00 each add'l item. Product total \$ _____

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